AN ANIMAL COLLECTIVE SIDE PROJECT GETS SCARY

MUSICIAN AVEY TARE'S SLASHER FLICKS IS ODDLY ACCESSIBLE. PAGE 14

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Tuesday, July 22, 2014 www.metro.us | t:MetroPhilly | f:MetroPhilly

Three books that will save your 20s and 30s

PAGE 13

Road trip! Go back in time traveling Virginia

PAGE 15

Confession: 'I snort my son's Ritalin'

PAGE 16

Who to pay attention to as Eagles camp begins

PAGE 21

Transportation. Thomas Nestel III, SEPTA's police chief, has become a local social media celebrity, using the hashtag #cheesesandwich when tweeting about locked-up suspects, referring to their jail meals. His snide comments, all in good fun, may be a deterrent to some. PAGE 02

SEPTA CHIEF DELIVERS STRAIGHT CHEESE

Thomas J. Nestel III
@TNestel3
"@MikeHeywood5: @TNestel3 guy just didn't understand that you have to pay a fare" He understands now. #cheesesandwich

There's just one option on Philly lockup menu

Center City. The hashtag #cheesesandwich took off for the SEPTA police chief.

Whether they're caught stealing, disturbing the peace or exposing themselves, before perpetrators are slapped with citations, they get hit with the hashtag: #cheesesandwich.

Thomas Nestel III, SEPTA's transit police chief, likes to offer suspects a glimpse of their menu options on his well-followed Twitter feed.

History lesson: "Throughout the evolution of prisoner processing, there has been a variety of different meals provided to our guests," said Nestel, who had served as a city cop for more than 20 years. "And I remember as a rookie cop, driving down to the White Castle down on Broad Street to pick up a bag of hamburgers."

Nestel tweets.
PAIGE OZAROSKI, METRO

Quoted

"It's a cheese sandwich. I mean, it's not Ruth's Chris upstairs."
Homicide Captain James Clark

Nowadays, it's different. Of course, when a suspect is arrested for a misdemeanor or felony, they still have to go in front of a bail commissioner. And that process still takes a while.

"And so because we don't want our guests to go hungry," Nestel said, "we make sure that we feed them. And what has been fed to our beloved guests for many years is a two-ounce cheese sandwich on white bread."

Since SEPTA police do not have their own lockup, those arrested by the transit cops are also sent to the police department lockups.

"So, when I started my Twitter account," Nestel said, "I wanted to have a hashtag that indicated police activity — some sort of an arrest — a contact with a person that had violated the law, and that's where I came up with #cheese sandwich, because it connects directly to where you're going to be going."

Lt. John Stanford, a police spokesman, said iced tea was originally served along with the sandwich, but it changed over to water about a decade ago.

"It's filling," he said. "It's a simple meal, something that can reach a large number of people you have in custody that won't have a problem eating it."

"Throughout the years I've heard complaints about those cheese sandwiches," Nestel added, "and my standard response is: 'If you don't like it, don't come back.'"

Options

Lt. John Stanford said the dish is meant to be temporary.

- "But when you go up State Road I'm sure the menu there definitely changes," he said.

Stanford offered some snarky alternatives for folks to grab a meal without committing a crime:

- Go to a cafeteria
- Go to a shelter
- Go to school

TOMMY ROWAN
@tommyrowan
tommy.rowan@metro.us

Don't get nervous — climb the brain

Dr. Jayatri Das, the chief bioscientist at the Franklin Institute, walks through the institute's newest exhibit, "Your Brain," a two-story neural network climbing structure featuring bright lights and sound effects triggered by footsteps. / PAIGE OZAROSKI, METRO

Closing time. Wawa to close its original store

Wawa is abandoning its first born.

According to the Delaware County Times, the convenience store chain plans to close its first-ever store — built in Ridley Township, Delaware County, in the 1960s — to make way for a new "superstore" down the road.

Apparently, the chain does not own the land at MacDade Boulevard and Swarthmore Avenue where the store is located, and officials have decided to instead build a new store less than a minute's drive down the road at MacDade Boulevard and Kedron Avenue (Route 420). Since Wawa does not own the land, it cannot dictate the future of the original building and will not seek to preserve it for historical purposes.

The new "super" Wawa will spread out over a four-acre site and feature six gasoline islands. Construction is expected to begin next spring.

The chain has expanded significantly in the 50 years since it opened its first store. Other than Pennsylvania, the chain boasts locations in New Jersey, Delaware, Maryland, Virginia and Florida.

TOMMY ROWAN

Philadelphia

Dispatcher took bribes for info: Officials

Dorian Parsley, 44, a former Philadelphia police dispatcher, could spend up to 35 years in jail after pleading guilty Monday to accepting bribes from tow truck drivers for tips of car locations. She would also run license plate numbers and registration through her work computer to provide names and addresses, reports said. METRO

1 NEWS

Local tweet

"I could never live in Philly. It's dirty here"

Yo, @DanBickerton, we like our urine smell and we don't like you! #noob

Top 3

What's trending online at Metro.us

1. 'Benedict Cumberbatch! New movie! Watch the trailer here!'
2. 'DeSean Jackson was hanging out with Kylie, Kendall Jenner'
3. 'VIDEO: Guilty dog apologizes by bringing toys to crying baby'

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Make way for the Cheesecake Factory

Demolition continues on the corner of 15th and Walnut streets in Center City to make way for a second-floor Cheesecake Factory and a retail outlet below it. Clemens Construction Company's superintendent Tim Forsyth oversees work being done on Monday afternoon.

PAIGE OZAROSKI, METRO

South Philly

Metal detectors now at Citizens Bank Park

Leave the batteries at home.

The first ever league-mandated metal detector installed at a Major League baseball stadium is now active at Citizens Bank Park.

The lone security device, which for the rest of the season is located at the right field gate, went live for Monday night's game.

The league is testing the device in Philadelphia for a pilot program, and next year will implement the devices league-wide.

For the rest of the season, fans entering through the right field gate must remove cell phones, cameras and any other metal objects before passing through the detectors. METRO

Strawberry Mansion.
Men killed elderly pair

Smith, top, and Ballard / PPD

Two young men confessed to strangling and suffocating an elderly couple to death in Strawberry Mansion last week, police said Monday.

According to Homicide Capt. James Clark, the two men — Justen Smith, 19, of western Pennsylvania, and Terry Ballard, 26, of the 3400 block of Huntingdon Street — were charged with the murders of Rufus Perry, 79, and his wife Gladys, 66.

Clark said Ballard lives with his grandmother, who is best friends with Gladys Perry. They live around the corner from the scene of the crime.

Apparently the two men were hired to help tidy up the couple's house, on the 2500 block of North Spangler Street, for a small payment.

But while inside the home on Thursday, one of the men found an envelope in the kitchen containing $120. As he pulled out the cash, Gladys Perry confronted him and a struggle ensued. The couple were choked and suffocated with pillows.

The duo stole the cash and a gold chain. They were arrested around the corner from the crime scene. TOMMY ROWAN

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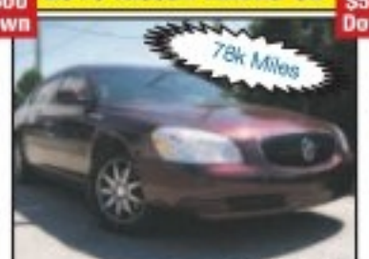

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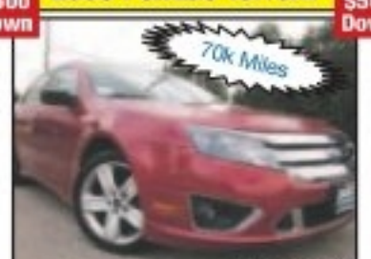

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Fishtown

SugarHouse will expand

A groundbreaking for SugarHouse Casino's $164 million expansion will take place at 10 a.m. today.

The expansion is expected to open next year and create hundreds of jobs in Philadelphia. METRO

Northeast

Philly man held on Nazi Holocaust charges hospitalized

Johann Breyer, the 89-year-old Northeast Philadelphia man who is facing extradition to Germany for Nazi war crimes, has been hospitalized, reports say. A hearing for Breyer, scheduled for this week, has been cancelled. METRO

Hit TV show 'Brain Games' shooting in Philly this week

Logan Square. The Franklin Institute's rotunda today will be the set for a show on next year's season.

The Franklin Institute will get a little more brainy this week, as the National Geographic Channel takes over its rotunda today to shoot the next season of "Brain Games."

"Brain Games" is a television show featuring a series of interactive experiments designed to reveal the inner workings of your brain.

But the Franklin Institute isn't the show's only stop in the City of Brotherly Love; the group, including host Jason Silva, is shooting all week here.

"Brain Games" host Jason Silva sets up for shoots at the Franklin Institute on Monday afternoon. / PAIGE OZAROSKI, METRO

Visit **Metro.us** to see a trailer for the new season of "Brain Games."

Quoted

"If you're at the Franklin Institute today, you would be watching them shoot."

Kurosky

On Thursday, they'll be shooting at Independence Hall. On Wednesday, event spokesperson Kaitlyn Kurosky said, the group might be exploring some paranormal activity.

"The show takes you deep inside the complexity of the human brain, using illusions, experiments and man-on-the-street interviews," said Kurosky.

Topics of the show include how people see, process and think about the world around them. Food, compassion, addition, language, anger and more are featured on the show.

Viewers at home can follow along with the game.

The second season of the Emmy-nominated show just started last week, and filming taking place in Philadelphia this week will air in early 2015.

The lineup

Today's shows

This morning, Silva — in front of the Franklin Institute's crowd — will ask a group of 50 volunteers to guess how many gumballs there are in a jar.

The guesses are recorded and Silva calculates the average and talks about how that number is an almost perfect estimate. That segment is called "Wisdom of the Crowd."

The second segment, called "Stroop Effect," will demonstrate the concept of left brain versus right brain using mislabeled images.

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VP Biden says Putin has no soul

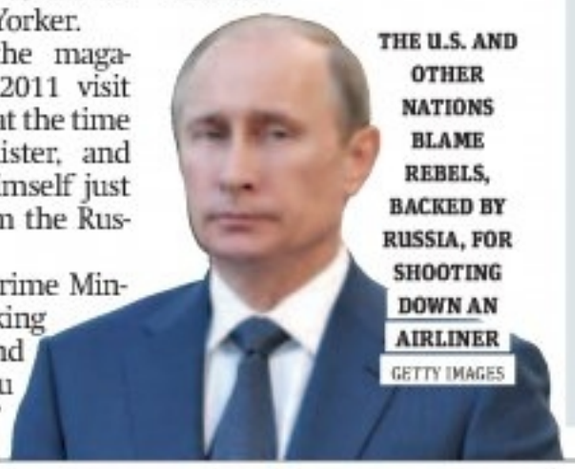
New York. Biden's comments were published online by the New Yorker.

Vladimir Putin has no soul, U.S. Vice President Joe Biden concluded after meeting with the Russian leader at the Kremlin in 2011, according to an article in the New Yorker.

Biden told the magazine about his 2011 visit with Putin, who at the time was prime minister, and said he found himself just inches away from the Russian leader.

"I said, 'Mr. Prime Minister, I'm looking into your eyes, and I don't think you have a soul.'" Biden told the magazine. "He looked back at me, and he smiled, and he said, 'We understand one another.'"

Biden's assessment is in stark contrast to that of former U.S. President George W. Bush, who famously said after his first meeting with Putin in 2001: "I looked the man in the eye. ... I was able to get a sense of his soul." **REUTERS**



THE U.S. AND OTHER NATIONS BLAME REBELS, BACKED BY RUSSIA, FOR SHOOTING DOWN AN AIRLINER GETTY IMAGES

Ukraine crisis

A PRO-RUSSIA REBEL GUARDS A CHECKPOINT. GETTY IMAGES

Obama urges Russia to act

Speaking from the White House on Monday, President Barack Obama said Russia must take action to resolve the crisis in Ukraine.

"Now's the time for President Putin and Russia to pivot away from the strategy that they've been taking and get serious about trying to resolve hostilities within Ukraine," he said.

Putin and Russia have a direct responsibility to compel separatists to cooperate with the MH17 investigation, and the burden is now on Moscow to insist that separatists stop tampering with the investigation, he said. **REUTERS**

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Carnival: 8-Day Caribbean $669* (Ocean View $729* / Balcony $969*)
Royal Caribbean: 9-Day Caribbean $1039* (Ocean View $1449* / Balcony $1779*, Taxes & fees $177.56pp)

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Royal Caribbean: 7-Day Europe $545* (Ocean View $644* / Balcony $1205*, Taxes & fees $99.86pp)

EXOTIC CRUISES
Carnival: 7-Day U.S./Canada $409* (Ocean View $569* / Balcony $839*)
Royal Caribbean: 5-Day Bermuda $539* (Ocean View $724* / Balcony $1104*, Taxes & fees $174.93pp)
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Ways to prove your career expertise

I've made millions trading stocks, but have made millions more by teaching others how to trade stocks. It's a beautiful thing to pass down your expertise, but in today's cluttered world, how can you prove yourself and gain influence? Here are three tips for proving your expertise:

Saying 'I Don't Know'

Don't do it. Most people are confused about one thing or another and they want someone with definitive answers. I don't want you to lie about knowing something when you truly don't know, but if you want to be taken seriously and have clout, simply point the confused person in the direction of what you actually do know.

Nobody knows everything, but most of us are experts at certain topics so it's your job to show that. Make sure others know about your experience and knowledge by shifting every situation and every conversation to what you know and what suits you best.

Social proof

Just because you think you're great and talented at something does not mean anyone else will — you have to prove it in a very public fashion. Thanks to the Internet, everyone — no matter his or her background, education or net worth — has the ability to prove himself using social media tools such as Twitter, Facebook, blogs, chat rooms and online forums.

If you want credibility, don't be afraid to speak your mind, and remember to do it convincingly and spread it as much as you can to anyone you think will listen.

On the Internet, there are many people who claim to be stock-market geniuses. I've differentiated myself by verifying my track record and earnings and continually making enough calls that people know my success is not just in the past.

Testimonials

The value of your expertise is only as good as what others say about their experience working with you. Thanks to websites such as Yelp, TripAdvisor and Investimonials (a financial product-review website that I own), people and businesses are graded publicly by customers like never before. If you are going to claim your product, service or expertise is useful and worthwhile, you better be able to back it up!

I work hard to provide a quality product, so I encourage customer testimonials. Even constructive criticism helps you mold your expertise into something more useful.

Up: Facebook is testing a "buy" button to compete against Amazon, making it even easier to buy everything you want.

Down: War in the Middle East is not good — no matter who is at fault, violence never solves anything and this conflict hurts us all.

For exclusive commentary, visit **Metro.us/blogs.**

What we're into this week

1

My new Mophie mobile phone charger now has memory built into it so I can store more videos and photos — great improvement!

2

Rory McIlroy and ex Caroline Wozniacki both won their tournaments over the weekend — perhaps they're more focused now that they're single.

3

I saw the new "Planet of the Apes" movie and was impressed by how real it seemed and how well done the movie is.

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Is organic chicken always worth the cost?

Grocery hacks.
We break down what's really healthier and what tastes the best.

On average, organic chicken is four times the cost of generic store-brand chicken. / FUSE

A whole, generic store-brand chicken typically costs about $1.50 per pound, while the price for organic chicken is $2.69 a pound at Trader Joe's and $4.99 per pound from online grocer Fresh Direct. Whole Foods sells boneless, skinless organic chicken breasts for $8.99 per pound.

While some consumers say organic chicken is healthier and tastes better, that's not necessarily true. Grass-fed beef stands out in particular among connoisseurs. Chicken, however, is harder to be snooty about.

"You have to have one outrageous palate to distinguish between an organic bird and another bird," says Dallas-based chef Otto Borsich.

As for the health issue, there is room for debate. A Stanford University study found no obvious health benefit to eating organic, but didn't dismiss the strong feelings many organic consumers have about avoiding antibiotics and pesticides. "Whether organics are worth the price depends on whether you think it's important to have food raised with fewer pesticides and no antibiotics," says Marion Nestle, a professor in the Department of Nutrition, Food Studies and Public Health at New York University. REUTERS

What's on the label

Know the terms:

- "Natural" means no artificial ingredients or preservatives.
- "Hormone-free" has very little meaning because hormones are not legally allowed in poultry.
- "Antibiotic-free" has significance to those who are concerned about consuming an animal treated with antibiotics. An organic chicken cannot be treated with antibiotics.
- "Free-range" is taken by many to mean that the chickens roam free in a pasture, but legally it just means they have access to the outside.

STORAGE KING USA
SELF STORAGE

NOTICE OF PUBLIC AUCTION

On Monday July 28, 2014 at 12:00 PM, Storage King USA - Germantown at 335 E Price Street Philadelphia PA 19144 (215-844-8252) will hold a public auction. Items will be sold to the highest bidder for cash.

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VICTORIA SUMMERS 1290 • NAKIA PENDLETON 2015
JENEAN HARMON 2187• IVY THOMAS 2207

STORAGE KING USA
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Closing the

Higher education. Many students say they are trying to learn technological skills on their own.

Most students say colleges need better digital and technical class options. / FUSE

In today's corporate world, strong digital skills are becoming more essential, and college students are increasingly aware of the need to beef up their digital game.

A new study by Internships.com and tech and business school General Assembly found that today's students are eager to develop their digital and technical skills regardless of their majors.

But there's a large gap between the students' desire to learn these skills and the educational resources available to them.

Three out of four of the students surveyed said they wished their schools would help them more with "real world" internships. Over half said that colleges and universities should require more courses that focus on the development of technical skills.

Many millennials say they aren't waiting for their schools to catch up to the 21st century, with the majority — 63 percent — saying that they're developing these skills on their own through supplementary classes and online course work.

It should be noted that General Assembly, the study's co-sponsor, offers both online and offline courses on topics such as design and Web development. Courses include "Introduction to Machine Learning" and "Introduction to Data Exploration."

"With technology and digital media driving much of today's fast-changing economy, there's a strong demand for people with technical skills and a practical understanding of business," General Assembly co-founder Jake Schwartz said in a press release.

Quoted

"With technology and digital media driving much of today's fast-changing economy, there's a strong demand for people with technical skills and a practical understanding of business."
Schwartz

LAKSHMI GANDHI
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digital gap

Are you prepared?

44%

Percentage of students who feel like their college or university prepared them well when it comes to digital or technical skills.

1 in 4

The number of employers who say recent grads are unprepared for entry-level work.

93%

Percentage of students and recent graduates who think universities should incorporate more career-oriented curriculum.

79%

Percentage of employers who consider nontraditional credentials (certifications, open courseware, digital badges) when evaluating candidates.

Selecting a major. Incoming college students are very interested in business, pre-med

The class of 2018 is filled with aspiring CEOs. / BANANASTOCK RF

As hundreds of newly minted high school grads get ready to head to campus, many of them are already considering what they want to study.

Niche.com asked more than 315,000 high school seniors from across the country about the majors they were interested in. It looks like there are a lot of aspiring CEOs among young millennials, as business ranked as the top major.

STEM subjects rounded out the top five, with incoming freshmen saying they were looking to pursue pre-med, biology, psychology and engineering.

The upcoming class of 2018 doesn't appear to have much interest in the humanities. Political science and government was the only liberal arts major to crack the top 10, and it did so just barely.

LAKSHMI GANDHI

The list

Check out the complete list of majors to see if your field is on the list:

- Business
- Pre-medicine studies
- Biology
- Psychology
- Engineering
- Nursing
- Business management
- Registered nursing (RN)
- Physical therapy
- Political science and government

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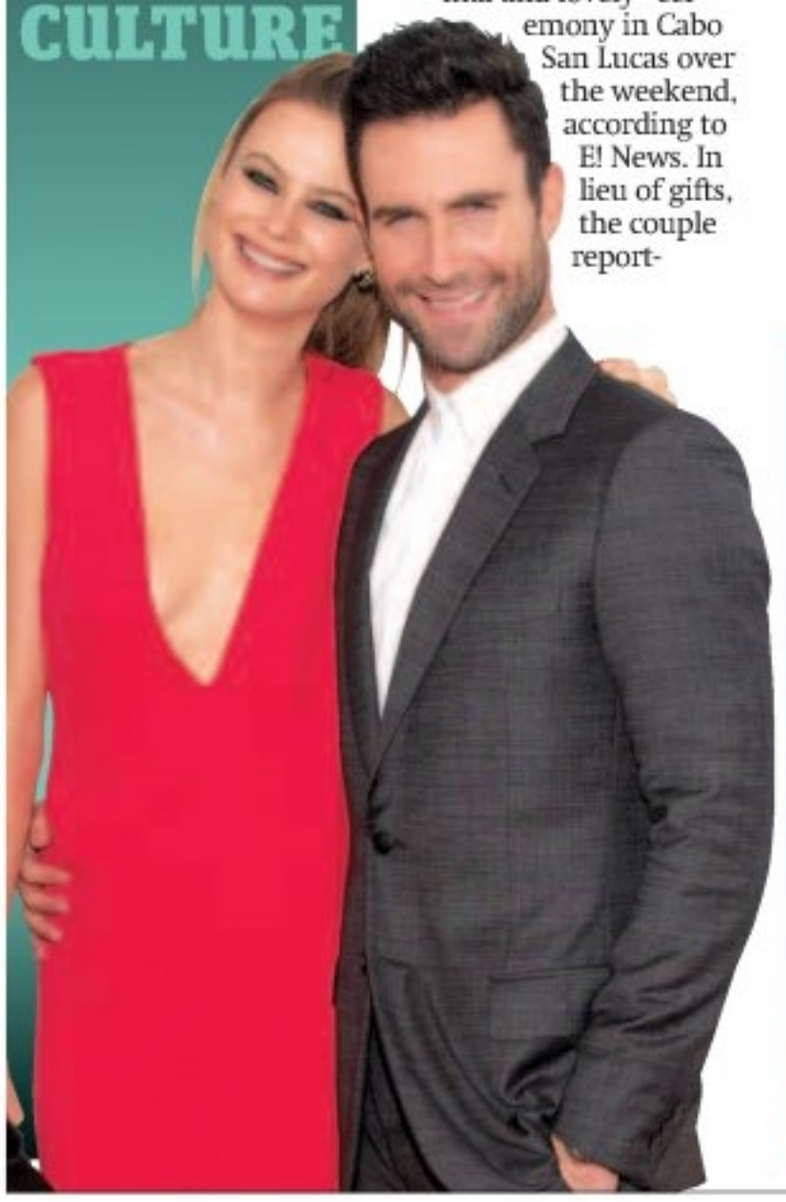
2

CULTURE

Sorry, people into Adam Levine, but he's taken



Adam Levine is off the market. The Maroon 5 singer and "Voice" judge and model Behati Prinsloo tied the knot in an "informal and lovely" ceremony in Cabo San Lucas over the weekend, according to E! News. In lieu of gifts, the couple reportedly asked their 100 or so guests to make donations to the Children's Hospital of Los Angeles. The ceremony itself was officiated by Jonah Hill. "Jonah was hysterical. He was telling so many jokes, but then in the middle would be so sweet and sincere," a source says. "He also talked about how sweet Behati is and how perfect they are for one another."

THE WORD

Ned Ehrbar takes on the world of gossip.

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Jolie's next-next film will star her and Pitt

Should all things work out, Jolie will soon be directing her partner, right. / ALL PHOTOS GETTY IMAGES.

Angelina Jolie's second film as a director, "Unbroken," is slated for Oscar season this year. But that's far away, so let's all talk about her third film as a director instead even though it doesn't yet exist. Jolie will direct herself in a romantic drama called "By the Sea" from a script that she wrote. Seems a bit selfish, honestly. And I don't want to suggest that nepotism is in play here or anything, but she cast Brad Pitt as her co-star. It'll be the first time they've acted together since "Mr. & Mrs. Smith," and it will clear the path for plenty of jokes about Pitt liking Jolie ordering him around. So we all win.

Finally! Selena Gomez weighs in on the situation in Gaza

Selena Gomez learned the hard way that her diehard fans won't necessarily stand by her when she strays into politics and current events. The singer and former Disney star posted an Instagram image reading, "Pray for Gaza," tenderly dipping her toe into the arena of Isreal-Palestine conflict debate. Easy there, Gomez. The response from her followers was swift, picking fights with Gomez and each other and threatening to unfollow her. In response to the backlash, Gomez posted another Instagram photo — apparently her preferred method of communication — this time of some stock photo of a meditating woman with the caption, "And of course to be clear, I am not picking any sides. I am praying for peace and humanity for all!"

Gomez prays for Gaza, but also everyone.

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Books to get you through any crisis

Jobs, apartments, romantic partners and friendships rarely stay the same for long in your 20s and 30s. It's exhausting. To help ease the stress, we rounded up three books to help you endure whatever transition you're currently going through. **EMILY LAURENCE**

The quarter-life crisis

'The 20-Something Guide to Getting It Together'

by Mary Traina

If you relate a little too much to "Girls" or you feel like every area of your life is a mess, pick up this book. It will help you get more in control by helping you figure out who to date, how to move up in your career, how to get out of debt and how to weed out bad friends.

The marriage crisis

'After I Do'

by Taylor Jenkins Reid

Heading to the Self-Help section looking for a book to save your marriage is just sad, so find answers on the sly by reading Taylor Jenkins Reid's smart new novel, "After I Do," instead, in which a couple takes a year off from their marriage. It allows you to imagine what it would be like spending a year away from your spouse, which might help you decide what to do.

The friendship crisis

'Nantucket Sisters'

by Nancy Thayer

Getting lost in someone else's friendship drama can help you get perspective on your own BFF battle. In this novel, two childhood friends are on the brink of a fallout. As kids, they spent every summer together, but they grew apart as they grew up. Their complicated friendship may help you navigate your own complex relationships.

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Welcome to 'The Slasher House'

Live tonight. Animal Collective's side project is weirder than any of Avey Tare's previous music.

The members of Avey Tare's Slasher Flicks don't look quite this scary when you see them live. For starters, they don't wear masks. "We thought about it," says David Portner, right, "but it's just such physical music that it wouldn't make sense." / ATIBA JEFFERSON

Believe it or not, the man in the moustached mask pictured here may have made the most accessible music of his career. That's David Portner on the right, rising up in a pool of blood and wielding a knife. For the past 14 years, he has been known to the world as Avey Tare, one fourth of Animal Collective, arguably indie rock's most experimental success story.

But with his new project, Avey Tare's Slasher Flicks, he has touched upon something closer to pop music than ever. Unlike Animal Collective's winding, wandering circular jams, the songs on "Enter The Slasher House" are concise, structured little bursts of psychedelia.

"Accessible, for me, became almost like a dirty word," says Portner of his experience in Animal Collective. It's evidently still very much a concern for him. "It seems weird to think about, especially if you're basing decisions on accessibility."

As ever though, he doesn't seem to have based his decisions on accessibility. This current accessibility is just a product of working with different musicians: Angel Deradoorian of Dirty Projectors and Jeremy Hyman of the band Ponytail.

There is still enough weirdness with Avey Tare's Slasher Flicks that you're not likely to hear the band on the top 40. And the live performance involves a spooky montage of cartoons and Muppets projected onto a pile of skulls. So there's that.

"We're all into visual art," says Portner of himself and his fellow Slashers. "Once I start making a piece of music, the visual element is there and it will always be attached to whatever that music is for me."

PAT HEALY
@metrousmusic
pat.healy@metro.us

If you go

Avey Tare's Slasher Flicks

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Influence

Ken Burns

Portner says that although the songs of Slasher Flicks do share a campy element with actual slasher flicks, that isn't necessarily the type of film that the band members were watching during downtime in the recording process.

"We watched a lot more [of] Ken Burns' 'Jazz,' actually," he says.

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The United States is huge; individual states are larger than many European nations. And because of its sheer size, many American small towns have remained just that. Which is not to say they haven't kept up with the times — along Virginia's Blue Ridge Valley, there's culture and food that's of the moment amid places that have been around long enough to be authentically nostalgic.

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You'll meet more than 1,000 animals from six continents while driving through **Virginia Safari Park**. For more goofy photo ops, swing by **Foamhenge**, which is exactly what it sounds like.

Lexington

See the city's stately homes on a **Lexington Carriage Company tour** with a pint of black raspberry from **Sweet Things Ice Cream Shoppe** in your hand.

Seth's sunglasses count as safety equipment at Staunton's Sunspots Studios. / PHOTOS BY EVA KIS, METRO

Charming chic

Staunton

Dip down into the Shenandoah Valley to this former railway hub. Make a custom souvenir by blowing your own glass ornament at **Sunspots Studios**. Before heading out for the evening's entertainment at the raucous **Blackfriars Playhouse**, meet for "inspired Southern cuisine" and cocktails at **Zynodoa**. The after-party is at **Byers Street Bistro**, for the game or live music.

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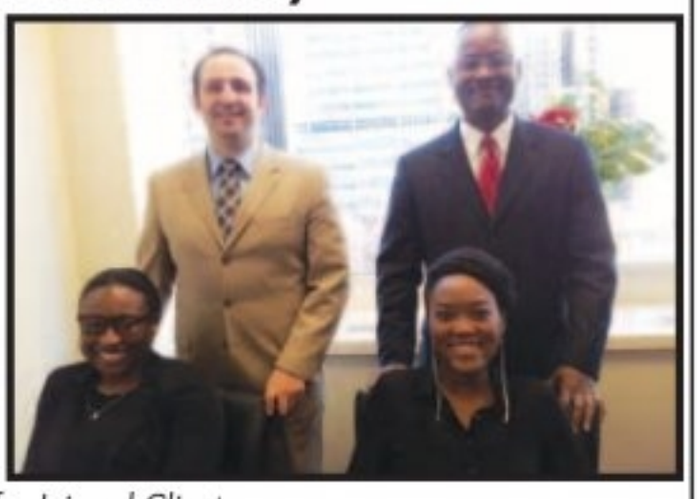

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Confessions

- "I love my daughter, but it burns my soul that she isn't smart."
- "When my son is naughty, I threaten to phone The Doctor ('Doctor Who') or Sherlock Holmes. He's 3."
- "I'm the grandmother of eight. I adore five of them. I think two of them are little snots. I wish one of them wasn't even related to me."
- "I have a tendency to bad-mouth my ex-husband within earshot of my 4-year-old. This week, while he was with his dad, my son told him, 'You're worthless.' I chastised him but was secretly proud."
- "I snort my son's Ritalin."
- "I love my children more than my wife. But it hurts me she loves the children more than me."
- "I'm raising an a—hole."

Parents reveal shocking secrets

Anonymous

"My 6-year-old daughter has stolen my husband. He pays more attention to her than to me or our 13-year-old son. And I was the one who couldn't wait to have a little girl."

What's yours? A new Tumblr gives moms and dads a safe place to voice their fears.

Brooklyn mom Julia Fierro knows what you're thinking. As the creator of the Tumblr "Parenting Confessional," she's been privy to the inner thoughts of parents who wouldn't dare say what they're thinking out loud, but willing to reveal their secrets anonymously. She's also the author of the new novel, "Cutting Teeth," about a group of couples who go on vacation together, carting their young kids along, too. Of course, these couples have secrets of their own.

Timed with the novel's release, Fierro started the Tumblr as a way for parents to share their parenting fears without worrying about being judged. Some of the messages are poignant, some are funny and some are sad. Here are just a sampling of the confessions.

EMILY LAURENCE
@EmLaurence
emily.laurence@metro.us

Bedtime barrier

"I often fall asleep with my daughter while putting her to bed so I don't have to talk to or sleep with my husband."

Confession: "Now I get why some animals eat their young."
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Horoscope

♋ Cancer | June 21-July 22. You'll face opposition if you voice your opinion. There is someone in your circle who may have some helpful advice.

♌ Leo | July 23-Aug. 22. Social media or a vocational seminar could offer valuable insight regarding future job prospects. Think about what you're most interested in.

♍ Virgo | Aug. 23-Sept. 22. Physical activity will be challenging but rewarding. You can improve your self-image and make new friends.

♎ Libra | Sept. 23-Oct. 22. Give someone you are questioning the benefit of the doubt. An honest mistake is not worth the loss of a solid friendship.

♏ Scorpio | Oct. 23-Nov. 21. Make a point to learn something new. Whether you comb the Internet, join a discussion group or do some research at a library.

♐ Sagittarius | Nov. 22-Dec. 21. Although you may be inclined to do some shopping for your own enjoyment, this is not a good time to lend money or possessions to others.

♑ Capricorn | Dec. 22-Jan. 20. Don't give in to pressure. Make your decisions based on facts. Take your time and wait until you are absolutely sure.

♒ Aquarius | Jan. 21-Feb. 18. You may be tempted to get involved in an unusual activity. Don't let intrigue entice you to participate in a secret endeavor.

♓ Pisces | Feb. 19-March 20. The attention you offer a younger person will be appreciated. If you are patient and understanding, your compassion and caring will help you form a bond.

♈ Aries | March 21-April 20. Don't let an emotional situation ruin your day or a relationship with someone special. Honesty will help smooth things over.

♉ Taurus | April 21-May 21. There is someone you can't stop thinking about. Get in touch with your loved one and plan something special to satisfy your mood.

♊ Gemini | May 22-June 20. Be aware of a financial or professional opportunity that comes your way. Network with peers to discover career options.

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Sudoku: Easy and hard

	1				6	2		7
		2		1				
			9	2		1		
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How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Obama to blame

Re: 'Have a heart' (Metro, July 21) Letter writer Annie Ferris is of the opinion that those who oppose the thousands of unaccompanied children coming across the border illegally being allowed to become citizens have "hardened hearts." These kids have done nothing wrong, they only listened to their parents, but that is not an excuse to allow them to stay. Guatemala has always been poor and violent. The reason they are coming is because President Obama is indecisive and the media in Central America is telling their citizens now is best time to send your kids to America. We never had this problem under any other president because every other president knew how to make tough decisions other than which fundraiser to attend. KEVIN METZ, VIA EMAIL

Garner will be missed

James Garner was a fine actor on stage, screen and television. I enjoyed the "Maverick" TV series and in particular the 1959 episode, "The Strange Journey of Jenny Hill" in which Peggy King co-starred. A solid actor who was at his best in any role, comedy or drama, James Garner did it all. He will be missed.

HERB STARK, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

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Crossword

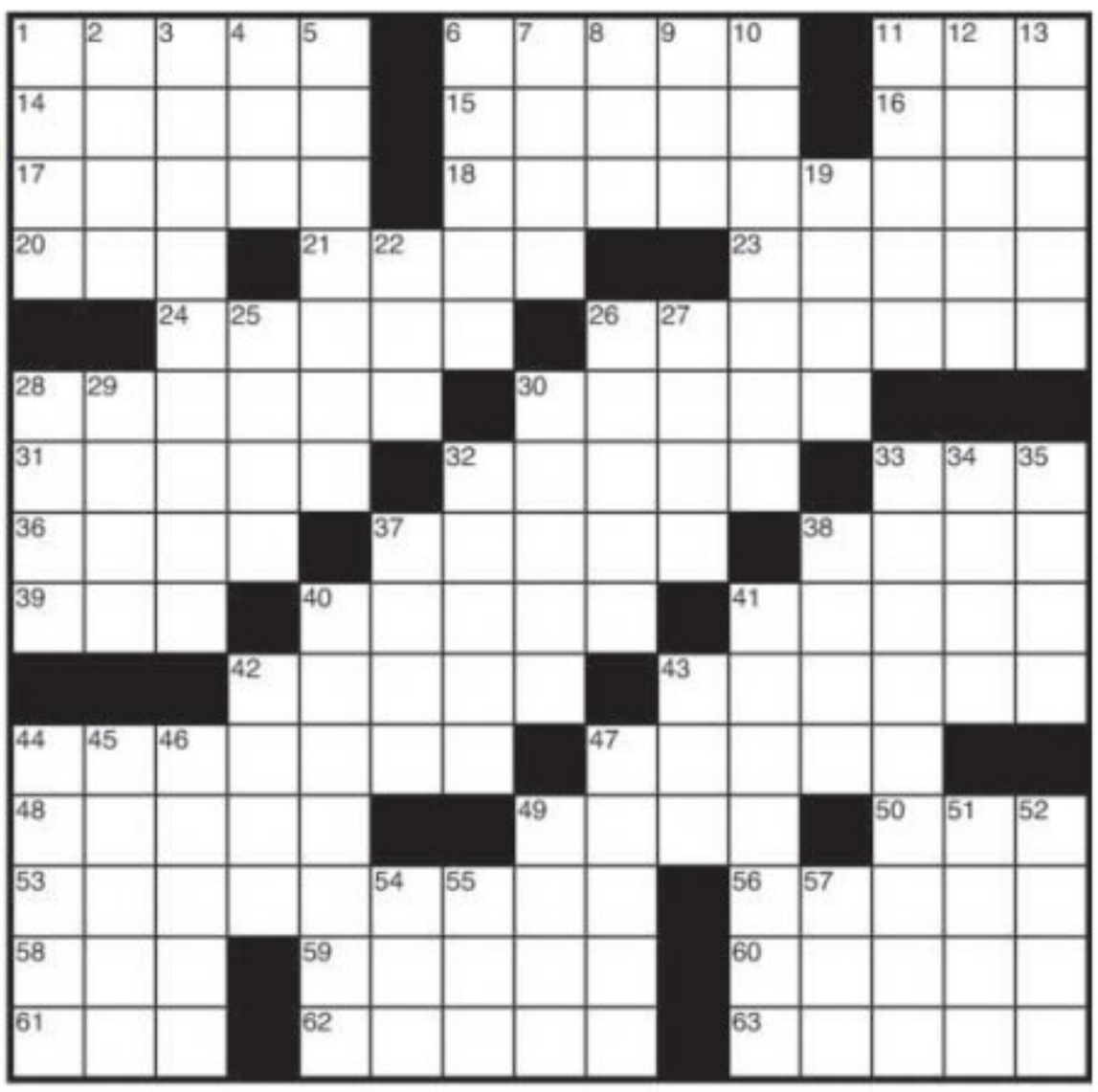
Across

1 Pallid
6 Wears well
11 Electric swimmer
14 According to —
15 House of snow
16 151, to Ovid
17 Grant money for
18 Waterproof canvas
20 Dugout VIP
21 Physicist Niels—
23 Babble
24 Heard the alarm
26 Aimed
28 Benefactors
30 Shoe parts
31 Light bulb filler
32 Bread pro
33 Gangster's gun
36 Must have
37 Overfeeds
38 Corleone patriarch
39 Mauna —
40 Well site
41 Golden Anniversary number
42 Road flare
43 Long break
44 Prairie wolves
47 Capsizes, with "over"
48 A means to — —
49 Cat calls
50 Step on it
53 Chili ingredient (2 wds.)
56 Cel characters
58 Compost
59 Hurdy-gurdy
60 Humane org.
61 Literary collection
62 Spacious
63 Raw fish dish

Down

1 Attention-getter
2 Tune
3 Flowering shrub
4 "Xanadu" grp.
5 Very young
6 Agile
7 Culture dish goo
8 35mm camera
9 Summit
10 Sudsier
11 Brilliance
12 The cream
13 Like a gridiron
19 Impressive vases
22 Approves
25 Boards
26 Nudges
27 Corrida shouts
28 Boone, informally
29 Black-and-white snack
30 Erik the composer
32 Headquarters
33 Souvenir sellers (2 wds.)
34 One of the Near Islands
35 Fiddles with
37 Business encl.
38 Perfume holder
40 Alfresco
41 Pinata occasions
42 Arial or Helvetica
43 Chop down
44 "Lost Horizon" director
45 Leek cousin
46 Gossip
47 Loggins or Rogers
49 Lady's honorific
51 Edge
52 Morales of "La Bamba"
54 Certain sib
55 "I" trouble
57 Columbus sch.

Yesterday's answer



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3 SPORTS

Flip out

Wilson cleared to play

The Giants' offense just got a little more dangerous for Billy Davis and crew. Running back David Wilson was given the all-clear to practice Monday, saying on Twitter he was "clear for everything." The former first-round pick had neck surgery in the offseason and had not practiced during minicamp.

PHILLY WILL WIN THE NEXT SUPER BOWL

Chip Kelly is putting together the right formula to win the Super Bowl. / GETTY IMAGES

The voice of Philly sports

ANGELO CATALDI
SPORTS@METRO.US

Party time

"Get out your party hats, Philadelphia. Early next February, you'll be going to a parade on Broad Street. I'm pretty sure." Cataldi

On Feb. 1, 2015, Philadelphia's 55-year wait for an NFL championship will end. The Eagles will win the Super Bowl. I'm pretty sure.

OK, I hedged a little bit only because it might take Chip Kelly a third season to have everything in place before the Eagles claim the Lombardi Trophy. But as the Eagles open training camp Friday, believe this: It is going to happen with Kelly as the head coach, and soon.

One of the reasons I'm speaking with so much confidence about the Eagles' future, admittedly, is a reaction to the surprising lack of optimism nationally for a team that went from 4-12 to 10-6 in one season under Kelly. Many of the experts, however, are not very impressed with Kelly.

For example, Elliot Harrison of NFL.com last week ranked Kelly the 18th-best coach in the league, behind Marvin Lewis, Rex Ryan and, yes, Andy Reid. ProFootballTalk.com ranked the Eagles as the 13th-best team in the NFL. And the NFL players themselves placed Nick Foles 11th among quarterbacks, even though he was No. 1 statistically last season.

Most of these so-called football authorities believe Kelly will experience his comeuppance in his second season now that opponents have had a chance to strategize against his unorthodox offense. My response is: poppycock. This backlash does not take into account Kelly's own offseason counteroffensive, which has been to raise the IQ of his football team.

That's why, all these months later, it is finally clear why DeSean Jackson was released at the absolute height of his career. He is on the Redskins today because he refused to play the mental game Kelly requires. He goofed off at practice, tuned out his coaches and posed a threat some of his teammates might follow.

In Jackson's place at wide receiver is Jordan Matthews, the second-round pick who is much bigger in size and in mind. Matthews game-planned, on his own, for the Senior Bowl last year. What else do you need to know? He will make the fans forget Jackson, if they haven't already.

On the other side of the ball, Kelly replaced an airhead at free safety, Patrick Chung, with a leader, Malcolm Jenkins. Granted, Jenkins is no sure thing based on his erratic work with the Saints, but listen to the man talk. His intelligence and Kelly's coaching seem like a perfect match.

So what we have right now is the smartest coach in the league and — by design — one of the brightest teams in the NFL. We have the maniacal study skills of Foles, the brilliant instincts of LeSean McCoy and Darren Sproles, and a more confident Kelly making the decisions.

Get out your party hats, Philadelphia. Early next February, you'll be going to a parade on Broad Street. I'm pretty sure.

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Cataldi on the Phillies

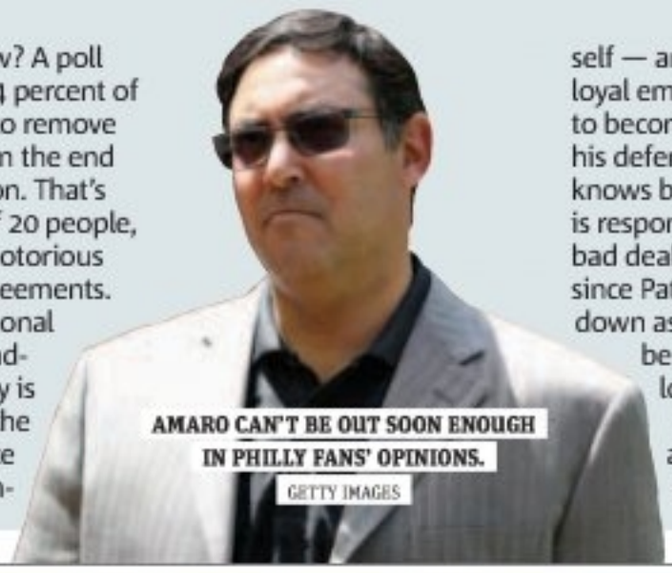
Amaro should not be brought back to Phillies

Dave Montgomery has taken a floundering franchise and led it to its most successful era ever in his 17 years as Phillies president. They won a title in 2008, built one of the most fan-friendly ballparks in America and sold every seat for more than three years.

Now Montgomery is about to do something that will undo much of his good work: He appears committed to bringing back the most unpopular GM in Philadelphia sports history, Ruben Amaro — a decision that will doom the Phillies both in the standings and at the box office.

How unpopular is Amaro right now? A poll last week had 94 percent of the fans voting to remove him no later than the end of this lost season. That's almost 19 out of 20 people, in a sports city notorious for its fan disagreements.

The conventional wisdom surrounding Montgomery is that he blames the entire front office — including himself — and doesn't want a loyal employee like Amaro to become a scapegoat. In his defense, Montgomery knows better than us who is responsible for all of the bad deals and bad trades since Pat Gillick stepped down as GM. There may be some logic in his loyalty to Amaro.



AMARO CAN'T BE OUT SOON ENOUGH IN PHILLY FANS' OPINIONS. GETTY IMAGES

But now it's not about fairness; it's about business. Who is going to buy tickets for a team being rebuilt by Amaro? The Phillies have lost over 8,000 fans per game this season — most in baseball — and they will lose even more if Amaro stays.

Montgomery needs to fire Ruben Amaro no later than the end of this season because fans need hope for the future, and Amaro offers none. ANGELO CATALDI

Cataldi. Philly fans show they're starved for Stanley Cup win

Kings assistant John Stevens poses with former Flyers Mike Richards and Jeff Carter. / GETTY IMAGES

Visit **Metro.us** to read Cataldi's 'Idle Thoughts' of the week.

Philadelphia's desperation for a Stanley Cup came into poignant focus on the 57th Street Beach in Sea Isle last week when more than a thousand people turned out for a truly bizarre event. These championship-starved fans waited in long lines to inspect a symbol of the Flyers' futility.

The Cup was last claimed by our hockey team 39 years ago, but several former Flyers — Mike Richards, Jeff Carter and Justin Williams, to name three — have won it twice since changing coasts three seasons ago. And then there is the dullest man in professional sports, John Stevens, the ex-Flyers coach who has also found success as an assistant in L.A.

It was Stevens' day to display the Cup last week, and he chose a venue that I was certain would lead to humiliation. Why would any local hockey fan want to revel in another team's success? I openly mocked the notion of Stevens flaunting his conquest in Flyers' country, both on these pages last week and on my radio show. In the end, the only one with a red face was me.

What that crowd proved was just how painful the drought has been. Flyers fans deserve to experience the same thrill Stevens and Carter and Richards and Williams just had. They shouldn't have to settle for a glimpse of somebody else's trophy.

As for me, well, I got exactly what I deserved by misreading the situation. My own wife took a photo of the long lines on the beach and tweeted it out to the world. She offered video proof of something she already knew: She married an idiot.

ANGELO CATALDI

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Byrd's second act will likely be short-lived

MLB. The Phillies outfielder's bold early predictions are laughable in hindsight.

You can't miss the "singles suck," placard, which hangs outside Marlon Byrd's cubicle. But does losing suck more than singles?

During the first week of spring training, the steady right fielder made a surprising proclamation.

"This is the best team I've ever been on," Byrd said. "There's a lot of talent here. I really believe that I've never been on a better club."

Well, the numbers say otherwise. The Phillies are mired in last place. Ryne Sandberg's team is closer to posting the worst record in baseball than coming within sniffing distance of first in the NL East.

"I'm not surprised Byrd said that," an NL scout said. "Byrd has become a leader and he's going to be attractive to teams that can use a corner outfielder."

Byrd is GM Ruben Amaro's best trade chip. He's been as productive as he was last season. The relatively inexpensive Byrd doesn't just lead the Phillies in the clubhouse. At the All-Star break, he led the Phillies in homers with 18 and OPS (.795) and he's been their best defensive outfielder.

"There will be teams after Byrd," an NL scout said. "It's just a matter of the Phillies working out the best deal possible. A good prospect or two would be huge for the Phillies since it's about the future, not the present, for that club."

ED CONDRAN
@MetroPhilly
sports@metro.us

It's been a frustrating season for Marlon Byrd and the Phillies and the outfielder may soon have a new home. / GETTY IMAGES

Trade winds

"There will be teams after Byrd. It's just a matter of the Phillies working out the best deal possible."

A National League scout on the likelihood Marlon Byrd will be traded

Bronx-bound?

NEW YORK SCOUTED CLIFF LEE LAST WEEK.
GETTY IMAGES

Yankees take a look at Lee

Days after Cole Hamels' name was floated in trade rumors with the Red Sox, it was whispered that the Phillies' other big starting arm could wind up with the other big-market team in the American League East.

The Yankees are said to be interested in acquiring lefty Cliff Lee from the Phils, as New York scouted Lee's final rehab start last week, according to CSN Philly's Jim Salisbury. Toronto is also reportedly interested in Lee's services. Lee made his first start since May 21 on Monday night against San Francisco. **MATT BURKE**

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5 Eagles to watch at training camp

NFL. Metro breaks down the players you should be watching as camp opens this week.

It's easy to forget the low expectations facing Chip Kelly as he opened camp as a rookie head coach one year ago. Now, he has the expectations of a playoff berth firmly on his shoulders.

Metro takes a look at five players who will be on everyone's mind when training camp gets underway Friday.

MARK OSBORNE
@MetroNYSports
mark.osborne@metro.us

1 Jeremy Maclin

The expectations were high for Maclin entering training camp last season.

But Maclin tore his ACL on July 27, 2013 and was done for the season before even getting a chance to show what he could do. Maclin has a strange training camp history. Besides the season-ending injury last season, he also was injured in 2010 and had an inflammatory virus in 2011.

Maclin will be counted on to replace DeSean Jackson's 1,332 yards and nine touchdowns from 2013.

MACLIN WILL BE THE BURNER OPPOSITE RILEY COOPER AT WIDE RECEIVER.

ALL PHOTOS GETTY IMAGES

2 Darren Sproles

The smallest addition — in size only — this offseason was running back Darren Sproles.

Eagles fans were thrilled to hear Kelly and crew swept in to sign the free agent because of all the multiple formations Sproles could fit into in Kelly's offense.

Sproles should be able to take a little bit of the pressure off all-everything back LeSean McCoy as well. McCoy had 314 carries last season to lead the league. Only he and Seattle's Marshawn Lynch had over 300 carries. And while McCoy was unbelievably impressive with all of those carries, the offense could certainly benefit from a well-rested McCoy in the latter half of the season and, hopefully, the playoffs.

With Bryce Brown now with Buffalo, it will be up to Sproles — and Chris Polk — to help out McCoy.

3 Malcolm Jenkins

The Eagles' big free agent signing this offseason was safety Malcolm Jenkins from New Orleans.

They signed him to a three-year, $16.25 million deal in March to help bolster a secondary led — frighteningly enough — by Patrick Chung in 2013. The Eagles were dead last in the NFL last season in passing yards allowed. Jenkins will be counted on to help bring that number down. Chung is gone, and Jenkins will likely be paired with Nate Allen, the only member of the secondary who was halfway decent.

JENKINS HAD TWO PICKS LAST SEASON.

4 Mark Sanchez

Admittedly there might not be much to watch here.

But there was no offseason move more mystifying than the Eagles' addition of washed-up Jets QB Mark Sanchez. Sanchez took the same hits for inaccuracy he did in New York during the minicamps this summer in Philadelphia, but Matt Barkley hasn't established himself as a clear winner to back up Nick Foles either.

Let's see if Sanchez, who Kelly saw plenty of when coaching Oregon, can take a stranglehold on the backup role.

5 Jordan Matthews

The raves about Matthews have come fast and furious over the offseason.

The second-round pick from Vanderbilt may be contributing sooner rather than later. At 6-foot-3, Matthews runs a 4.46-second 40-yard dash and has already been called the best receiver on the roster by the Inquirer and was also compared to former Eagles wideout Terrell Owens by ESPN's Phil Sheridan.

MATTHEWS WAS A THIRD-TEAM ALL-AMERICA LAST YEAR AFTER FINISHING WITH 1,447 RECEIVING YARDS.

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Jay Michael Wilson, age 40, was last seen at Northeast Philadelphia Libary the 3rd of July with health problems.

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